



A One Day Conference in support of a Natural Approach to Better Mental Health.

Monday 17th October
The Pavilion Centre, Royal Cornwall Showground.

09:00 - 09:30 Refreshments & Registration.

09:35 - 09:50 Welcome, Introduction & Chy-Sawel Update by Steve Angove, David Chaisty (Combined Universities of Cornwall.)

09:50 - 10:00 A brief outline behind the Chy-Sawel story.

10:00 - 11:00 'Reflections on Modern Psychiatry' Robert Whitaker (Award-winning Investigative Journalist & Author, 'Mad in America' & 'Anatomy of an Epidemic').

Q & A.

11:00 - 11:15 Refreshment Break

11:15 - 12:00 NHS speaker (to be confirmed!)

12:00 - 13:30 The Brain Basics of Neurodevelopmental Disorders. Prof. John Stein. (Professor of Neurophysiology, University of Oxford, Chair of Dyslexia Research Trust.)

Q & A.

13:30 - 14:30 Lunch

14:30 - 15:00 'Acupuncture for Mental Recovery & Survival'. Dr. Mike Smith (MD, DAs, Psychiatrist, Founder & Previous Chair of NADA) (National Acupuncture Detoxification Association.)

Q & A.

15:00 - 15:40 'Human Givens' A Common Sense Approach To Mental Health. Hilary Farmer (Human Givens Psychotherapist.)

Q & A.

15:40 - 16:10 'Not Taking Medication & Paying Income Tax', Dr. David Orton (Former Consultant Psychiatrist, Newton Abbot Hospital)

Q & A.

16:10 - 16:30 Service User Perspective. Ray Hancock (Member SURG.)

Q & A

THE CHY-SAWEL PROJECT

Chy-Sawel is a charity. It is dedicated to showing that a holistic and nutritional approach to treating mental illness is an option that can no longer be ignored. Our brief is to embrace and collate current research and promote the findings in a simple and logical way. The ultimate aim of the project is to open a Centre, which will provide treatment as well as running education and training programmes.

ABOUT THE CONFERENCE

This conference will highlight the research into the effects that diet and other external influences have on the mental and emotional health of people of all ages. Depression and mental illness have increased many-fold in the last 50 years fulfilling the prediction that it will be our No.1 disease by the year 2020. Our speakers will explain how a holistic and more modern approach can make an important contribution in the battle against this problem.